



Glastonbury Abbey



A bedroom at the Overlook

WIN a mystical break in Glastonbury

PLUS
£300
CASH

Seek the grail of divine guidance with labyrinth, psychic and tarot experts in the land of King Arthur

This month, one lucky reader and a friend or partner will win a fantastic weekend of adventure and discovery in Glastonbury, Somerset, courtesy of Glastonbury Pilgrim Reception Centre.

The town has attracted spiritual pilgrims for centuries. In Celtic myth, Avalon – the land of the dead – was an island that rose from the swirling mists, and many experts believe Glastonbury Tor is that sacred isle. According to legend, Joseph of Arimathea landed thereafter the crucifixion and buried a cup containing the blood and the sweat of Christ at the foot of Chalice Hill. This led to the stories of King Arthur's quest for the holy grail, and in 1191, the monks of Glastonbury Abbey reportedly discovered his grave in the churchyard. Today, the town is a magnet for spiritual people from all over the world, with sites of interest including the Tor, the healing waters of Chalice Well and the Abbey.

Staying at the Overlook bed and breakfast, you'll be given an introduction to the town by Morgana West of Glastonbury Pilgrim Reception Centre. This

not-for-profit organisation is the perfect first point of call to find out about the myths and history of the area, its sacred sites, alternative therapies and practitioners, events and workshops, local accommodation, places for reflection and services to help in times of spiritual crisis.

During your stay, you'll receive a psychic healing with Karin Lonegren, a teacher, massage therapist and artist. She will tune into your body, focusing on your spine, while sensing the most effective places to work. Karin is also a registered Dowsing for Health Practitioner. For details, call 01458-835818 or visit www.sunnybankglastonbury.co.uk.

You'll also receive a tarot reading from Sue Clarke. Born into a family of psychics, she has been reading tarot cards for 15 years. Sue works from the Bridget Healing Centre in Glastonbury. For more information call 07876-452162 or visit www.sueclarkereadings.co.uk. And you'll meet sacred space expert and internationally renowned dowser, Sig Lonegren, for a workshop on using the power of labyrinths to assist in spiritual growth. Visit www.geomancy.org for more information.



Karin Lonegren



Sig Lonegren



Sue Clarke

TO ENTER, ANSWER THE FOLLOWING QUESTION:

Q. Which legendary king's grave is said to have been found in Glastonbury?

Send your answer with your name and address on a postcard to *Spirit & Destiny* August Glastonbury Competition, PO Box 8125, Barrow upon Soar, Loughborough LE12 8WR. Alternatively, call 0901-229 0708 or fax your answer with your name, address and postcode, quoting SAD8, to 0905-581 0135. To text your answer, text SAD8 followed by your answer, name, house number and postcode to 86633. Readers in the Republic of Ireland should call 1512-510260. Calls and faxes cost 25p (Roi 25c) from BT landlines and texts cost 25p. Competition closes 12 August 2008.

TERMS AND CONDITIONS:

The prize is for three nights' B&B for two adults at the Overlook in Glastonbury with a welcome, psychic healing, tarot reading, and a dowsing and labyrinth workshop, plus £300 spending money from *Spirit & Destiny*. No cash alternative is available. The prize must be taken by 12 August 2009, subject to availability and excluding bank holidays.

**TO BOOK A B&B BREAK in Glastonbury, call 01458-832540 or visit www.glastonburyoverlook.co.uk
FOR MORE INFORMATION on Glastonbury's legends and events, visit www.glastonbury-pilgrim.co.uk**